

## “I’m Hungry!”



As a parent, how often do we hear this statement from your children? And how many times a day do you think this yourself? Feeling hungry between meals is very real, especially for young children that do not eat much at a meal. And as most pregnant women experience, excessive hunger is a common trigger for nausea. However, many times people snack for other reasons such as boredom, stress, fatigue or thirst.

So let's take a look at snacking. Snacks can be an essential part of a healthy diet. Unfortunately when we snack, we often reach for foods such as cookies, chips, fruit snacks, snack bars and candy. Healthier options such as fruits and vegetables help balance our diet, helping your family reach the “5 Fruits and Vegetables a Day” rule. The key to eating healthy snacks are keeping them on hand in an easy-to-grab fashion. Consider the following suggestions:

- Pair peanut butter with apples or celery; peanut butter is rich in protein and will help make your snack more satisfying.
- Keep raw carrots, sliced peppers or cucumbers along with ranch dressing or humus available for a quick snack.

- Add yogurt to cut-up fresh fruit or canned fruit to provide extra calcium.
- A combination of dry cereal, nuts, raisins or craisins, or sunflower seeds makes a great between meals pick-me-up.
- String cheese goes along great with fruit or whole wheat crackers.
- Try freezing fruit for a cool treat. Fruits such as grapes, kiwi, raspberries and blueberries freeze well.
- Popcorn makes a great high fiber, filling snack. When using a hot air popper, (without butter or margarine), popcorn has only 1 gram of fat in 3 cups.

Before asking for a snack, ask yourself “Am I really hungry?”. Grab some water and think about how you are feeling. The term “mindful eating” means paying attention to our eating; focusing on what you're eating helps you enjoy food more. The same goes for kids, they don't need to be eating continuously throughout the day. Have set snack times preferably sitting at the table. By following these tips, you can make snacking an important part of a healthy diet.



### **BIG WIC NEWS**

The Wisconsin WIC Program will be making some big changes over the next 6 months! No more paper checks, instead you will be issued a debit card called e-WIC (electronic WIC). This system will allow you to buy only one item or multiple WIC items at a time, making shopping with WIC much more convenient. FDL County plans to start this new method in mid-August, stay tuned!



## **Fond du Lac County Immunizations**

If you have insurance through an employer, you should see your doctor for immunizations. **If you have Badger Care, vaccines are available at the FDL County Health Department on the 2<sup>nd</sup> Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 929-3085.

## **Family-Friendly Fun in Fond du Lac**

When you're on a budget, it can be hard to find activities to do with your children that are affordable. The **YMCA** and **FDL Children's Museum** have reduced membership to ensure they are accessible for everyone.

With a YMCA membership, your family can enjoy the swimming pools, fitness classes, gyms and exercise machines. But they have more to offer than just exercise equipment; they have a Family Adventure Center with board games, foosball, climbing structure and frequent family events. They also have a Child Watch drop-off babysitting service (with reasonable fee) for children age 6 weeks-8 years. Financial assistance is available. A sliding fee scale is used to determine how much assistance is awarded. Any family whose total combined gross household income is less than \$45,000 per year is encouraged to apply. **Call 921-3330.**

With 15,000 square feet of indoor space and more than 10,000 sq. feet of outdoor space, the **Children's Museum** is sure to provide a fun, educational and memorable experience for the whole family. **When you receive WIC, your family qualifies for a reduced membership of \$30 per year instead of the usual \$80.** Membership includes unlimited free admission and there are also affiliated children's museums in other areas that accept this membership. Contact the Museum at **921-3698** for more info.



Dads are always welcome at WIC appointments!



## **Breastfeeding Corner**

### **Diet for Breastfeeding Mom**

Do I need to maintain a perfect diet while breastfeeding? The short answer to this question is

NO—you do not need to maintain a perfect diet in order to provide quality milk for your baby. In fact, research tells us that the quality of a mother's diet has little influence on her milk. Nature is very forgiving—mother's milk is designed to provide for and protect baby even in times of hardship and famine. A poor diet is more likely to affect the mother than her breastfed baby.

Are healthy eating habits recommended for mom? Absolutely! You will be healthier and feel better if you eat well. Although it is certainly not recommended, a breastfeeding mother could live on a diet of junk food—mom would not thrive on that diet, but her milk would still meet her baby's needs.

It would also be a good idea to continue taking your prenatal vitamins while breastfeeding.



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